

# THE CrossFit® GAMES COMPETITION RULE BOOK

CrossFit Competition Rule Book is the intended benchmark for the CrossFit Games and all CrossFit Inc. supported, sanctioned or sponsored competitions (individually an “Event” and collectively, the “Events”).

## 1. The CrossFit Games

- a. The CrossFit Games are an annual worldwide competition to determine the Fittest on Earth™.
- b. The season consists of three stages of competition, beginning with the CrossFit Games Open, then the CrossFit Games Regionals, and concluding with the CrossFit Games.
- c. The season long competition will be collectively referred to herein as “The CrossFit Games.” The first stage will be referred to as the “Open;” the second stage will be referred to as the “Regionals;” and the final stage will be referred to as the “Games.”

## 2. General Rules

- a. To participate in any stage of The CrossFit Games, every athlete (whether competing individually or as part of a team, each an “Athlete”) must agree to any and all Rules and Policies, including, without limitation, the Assumption of Risk, Publicity Release, and Drug Testing Policy, all of which are incorporated herein by reference, and to the decisions of CrossFit Inc, which are final and binding in all respects.
- b. All Athletes are required to have completed and abide by the appropriate waivers and documentation as outlined by CrossFit Inc. or the local event, paid and validly registered for entry, completed an online and/or on-site check in process, and must be wearing official event identification and/or credentials where specified.
- c. All Athletes agree to compete in a sportsmanlike manner.
  - i. Unsportsmanlike behavior such as arguing with an official or representative of CrossFit, Inc., taunting, heckling, fighting or any conduct which would bring disrepute upon CrossFit, the competition, other competitors or spectators or event sponsors, as determined by CrossFit, Inc., in the eyes of the viewing public or the CrossFit community may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action.
  - ii. Any action that prevents another Athlete from having a fair opportunity to compete (i.e. abuse or alteration of equipment, refusal to follow instruction) or that interferes with Athlete and Event Judge communication (i.e. external noise

- devices, bull horns, air horns, etc.), or is generally disruptive to the Event, is not allowed.
- iii.* Athletes will be held accountable for the behavior of their coaches, teammates, Team captains, supporters and guests. If the conduct of any member of such group or groups is deemed by CrossFit, Inc. to be unsportsmanlike or disruptive to the competition then the coach, teammate, supporter, guest, and/or Athlete is subject to the same disciplinary actions as stated in Section 2.c.i.
  - iv.* This list is not exclusive or exhaustive and is meant as a guide to the Athlete, Coaches, and other attendees. This is not intended as a limitation on CrossFit's rights to operate the CrossFit Games in any manner it sees fit. CrossFit reserves the right to terminate any Athlete, Coach, Staff, Volunteer, Judge, visitor, guest, supporter, teammate and/or Spectator participating in, attending or viewing any sponsored, sanctioned or supported CrossFit Event at any time, with no further obligation or duty to such Athlete.
  - v.* CrossFit Inc. has, and may delegate to an On-site Director, the absolute authority on any final ruling including, without limitation, disqualification of an Athlete, removal of Spectator, or dismissal of any attendee.
  - vi.* Athletes must comply with CrossFit's uniform requirements and only official competition apparel or apparel or items expressly pre-approved by CrossFit Inc. shall be permitted. Each Athlete shall not wear, use or display any apparel, equipment, accessories, symbols, art, graphics or other items not expressly approved in advance by CrossFit Inc., including, without limitation, headwear, apparel, tape, sunglasses, water bottles, stickers, logos and body or head tattoos, or art (temporary or permanent).
- d.* It is the sole responsibility of the winners and/or compensated Athletes to present valid identification, when requested, and to comply with paying any and all applicable taxes in connection with any prizes, whether or not such prize is cash. All prizes are subject to applicable taxes and withholding and prize winner's compliance with and agreement to CrossFit's prize affidavit.
  - e.* All information provided, either in registration submissions, video submissions, scores, times, reps or rounds completed, must be the complete truth. A lack of integrity, or any actions that evince an intent to cheat or circumvent the Rules or intent of the Rules of the CrossFit Games, including lying (as one example) — will result in disqualification.

### 3. Registration and Participation Requirements

- a. Subject to CrossFit's age restrictions and other requirements, anyone that is able to perform the workouts as prescribed may attempt to register to compete as an Athlete (individually or as part of a validly registered team ("Team")) in The CrossFit Games. Such registration is subject to each prospective athlete's affirmative agreement to comply with CrossFit's policies, rules and regulations, as determined by CrossFit in its sole and absolute discretion.
- b. All Athletes must compete in the Open in order to advance to Regionals or the Games, or to contribute to a Team.
  - i. CrossFit Inc. reserves the right, in its sole and absolute discretion, to invite past winners, guest athletes, Teams or others, to participate in any stage of competition. This decision may be made to preserve the traditions and spirit of The CrossFit Games or for any other reason at the sole discretion of CrossFit Inc.
- c. All Athletes must validly and truthfully register online at [games.crossfit.com](http://games.crossfit.com) and complete an online "Athlete Profile." The "Athlete Profile" page will be the primary conduit for the Athlete to receive notifications relevant to competition and it is the Athlete's sole responsibility to provide current, valid and truthful information, including email address.
- d. Athletes must be at least 14 years old at the time they create an account on the Games website to register online and compete. If Athletes are younger than 18 years old, they must provide additional parental consent during the online registration, as required by CrossFit.
- e. There are 13 divisions for individual competitors and one division for Teams. There are no other recognized divisions beyond those listed.
  - i. Individual Men and Women
  - ii. Masters Men and Women 40-44 (Born on or between 7/15/68 and 7/14/73)
  - iii. Masters Men and Women 45-49 (Born on or between 7/15/63 and 7/14/68)
  - iv. Masters Men and Women 50-54 (Born on or between 7/15/58 and 7/14/63)
  - v. Masters Men and Women 55-59 (Born on or between 7/15/53 and 7/14/58)
  - vi. Masters Men and Women 60+ (Born on or before 7/14/53)
  - vii. Teams

- f. Certain stages or divisions of The CrossFit Games have residency restrictions. Athletes will be assigned one Region for the season based on their residency at the commencement of the first Open workout. Athletes cannot switch Regions during the season. A map of the Regions can be found at [http://media.crossfit.com/games/pdf/CFG2013\\_RegionsMapGeneral.pdf](http://media.crossfit.com/games/pdf/CFG2013_RegionsMapGeneral.pdf).
  - i. Military personnel will compete in the Region where they are stationed at the commencement of the first Open workout. Reassignment or deployment during the Open will not change the Qualifying Region for advancement. See section 3.h. for additional requirements for competing on a Team.
  - ii. College students will compete in the Region where they are attending school during the commencement of the first Open workout. School break or travel during the Open will not change the Qualifying Region for advancement. See section 3.h. for additional requirements for competing on a Team.
  - iii. All Athletes are required to affirm their address during online registration and will be required to prove residency in the form of a valid and generally accepted form of identification (i.e., a valid driver's license, current utility bill displaying name and address) to complete on-site check-in at Regionals or the Games.
- g. Masters will compete against all other international Athletes in their division for the opportunity to advance from the Open directly to the Games. There is no Masters division at Regionals.
- h. Teams will consist of at least three (3) men and three (3) women who validly register and train primarily at the same gym (as defined below) starting no later than January 1. Athletes may only compete for one Team during each CrossFit Games season.
  - i. The intent of the Team competition is to determine the fittest gym. Therefore, the athletes who represent each Team must train primarily at that gym. CrossFit defines this as training the majority of their training days and workouts at the Team gym. Creating an "All-Star" Team with Athletes from different gyms is not acceptable.
    - 1. "More Than Half" Rule: Athletes must train at the same physical location as the Team more than half of their training days per week, and may not train at another location more days a week than they train at the team location. More than half means:
      - Four (4) days if the Athlete trains six (6) or seven (7) days a week
      - Three (3) days if the Athlete trains four (4) or five (5) days a week
    - 2. This should be continuously true for the season with reasonable exceptions for temporary travel. For all Teams who progress to Regionals and/or the Games, all competing members of the Team must continue to meet these requirements.
    - 3. If there is any ambiguity about whether a member of the Team meets these requirements, they should be prepared to produce daily training logs and photo documentation proving that they train more than half of the time at the Team location (e.g. An Athlete who formerly trained at another gym, or who lives suspiciously far from the team gym). If the Athlete cannot prove they meet all requirements if requested by CrossFit Inc., the Team and individual may be subject to disqualification.
    - 4. More than one Team may come from a gym, as long as all members of the Team consistently train at that physical location.

5. Being a trainer at a gym does not automatically qualify an Athlete to compete for one of their Teams. The trainer must personally workout there for more than half of their training days.
  6. Affiliate owners may not compete on any team except those from their Affiliate. Affiliate owners may not change their Licensee of Record in order to compete for a different team.
  7. If an Affiliate or gym opens after January 1<sup>st</sup> and before the commencement of the first Open workout, their owner may not compete for another Team.
- ii. Athletes must be listed on their Team roster prior to the close of the first Open workout in order to compete for that Team during the Open, Regionals or Games.
  - iii. Team captains must first register as an individual Athlete, and then select which Affiliate they train at. They must then register a Team, and select any Athlete from their home Affiliate who is not competing for another team. Athletes may also request to join the Team. If a Team captain does not train at an Affiliate, they may select "unaffiliated," and select from the list of "unaffiliated" Athletes. "Unaffiliated" Teams must train at the same physical location and meet the same requirements as all other Teams.
  - iv. If a gym or owners own or operates multiple locations, each location must register its own Team. Teams may not include Athletes that personally workout more than half of the time at another location, even if the other location shares a name, owner, membership plan or programming.
  - v. Athletes must be registered as a member of the Team before the close of the first Open workout, and they may not compete for any other Team during the course of the season, even if another Team from their gym qualifies to compete at the next stage or stages.
  - vi. IT IS THE RESPONSIBILITY OF THE TEAM CAPTAIN TO ENSURE THE TEAM IS USING ONLY ELIGIBLE ATHLETES. There will be no warnings issued. If a Team uses an ineligible Athlete, the Team will be disqualified from competition and, subject to the discretion of CrossFit Inc., some or all of the Athletes on the Team may be prohibited from competing as individuals in later stages of the season or future seasons or Events.
- i. Registration prices are listed below. All payments are final. No refunds or transfers will be permitted, regardless of reason (injury, illness, change in work schedule, deployment, etc.)
    - i. Open Individual Registration - \$20 for U.S., Canada, Australia and Europe (\$10, rest of world)
    - ii. Open Team Registration - \$20
    - iii. Regional Individual - \$150
    - iv. Regional Team - \$400

- v. Games Master - \$150
- vi. Games Team - \$400
- j. Registration, Participation and Qualification for all Athletes requires consent to CrossFit's Drug Testing Policy. All Athletes are subject to Drug Testing during any point in the season once they have registered to compete, including during the Open. The Drug Testing policy is outlined at <http://games.crossfit.com/drug-policy>.
- k. CrossFit Inc. is not responsible for any inaccurate entry information, whether caused by website users or by any of the equipment or programming associated with or utilized in the Games and CrossFit assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission at the website of any website-related to the Games, or for communications line failure, or for theft or destruction, tampering, or unauthorized access to entries and/or entry information. CrossFit is not responsible for any problems or technical, hardware, or software malfunctions of any telephone network or telephone lines, failed, incorrect, inaccurate, incomplete, garbled or delayed electronic communications whether caused by the sender or by any of the equipment or programming associated with or utilized in these Games, computer online systems, servers or providers, computer equipment, software, failure of any email or entry to be received by CrossFit due to technical problems, human error or traffic congestion, unavailable network connections on the Internet or any website, or any combination thereof, including any injury or damage to participant's or any other person's computer relating to or resulting from participating in the CrossFit Games or downloading any materials in the CrossFit Games.
- l. CrossFit Inc. reserves the right, at its sole discretion, to disqualify any individual it finds to be tampering with the entry process or the operation of the CrossFit Games or the website, or any website related to the CrossFit Games; to be acting in violation of the Official Rules; or to be acting in a non-sportsmanlike or disruptive manner, or with intent to annoy, abuse, threaten or harass any other person. Any use of robotic, macro, automatic, programmed or the like entry methods will void all such entries by such methods. In the event of a dispute as to entries submitted by multiple users having the same identifying information, CrossFit reserves the right to determine, in its sole discretion, the correct submission in accordance with the rules.
- m. If, for any reason, the CrossFit Games are not capable of running as planned by reason of infection by computer virus, bugs, worms, tampering, unauthorized intervention, fraud, technical failures, or any other causes beyond the control of CrossFit Inc., which, in the sole opinion of CrossFit, are corrupt or affect the administration, security, fairness, integrity or proper conduct of the CrossFit Games, CrossFit reserves the right, at its sole discretion, to void suspect entries and/or to cancel, terminate, modify or suspend the CrossFit Games and select the winner from among all eligible, non-suspect entries received prior to cancellation, termination or suspension. IN NO EVENT WILL CROSSFIT INC. BE RESPONSIBLE OR LIABLE FOR ANY DAMAGES OR LOSSES OF ANY KIND, INCLUDING DIRECT, INDIRECT, INCIDENTAL, CONSEQUENTIAL OR PUNITIVE DAMAGES ARISING OUT OF ACCESS TO AND USE OF THE CROSSFIT GAMES SUBMISSION SITE OR THE DOWNLOADING FROM AND/OR PRINTING OF MATERIAL DOWNLOADED FROM SAID SITE.

#### 4. What to Expect

- a. For all CrossFit Games Competitions and Qualifying Events the Workout Format will be released by CrossFit Inc. and communicated uniformly to all Athletes online and/or on-site.

- b. Workout Format will include the following:
  - i. Required movements:
    - 1. Starting and ending ranges of the movement
    - 2. Prohibited technique, accessories and/or equipment, if any
    - 3. Adjustments by Division, if any
  - ii. Required number of repetitions and/or repetition scheme
  - iii. Required equipment
  - iv. Required amount of weight
    - 1. All weights will be released in pounds
    - 2. It is the Athletes sole responsibility to use at least the exact poundage (i.e., if using kilogram plates, the Athlete will need to use additional change plates).
    - 3. For the purpose of CrossFit competitions, 15 kg weightlifting bars will be considered to be 35 pounds, and 20 kg bars will be considered to be 45 pounds.
  - v. Time domain or time limit
  - vi. Scoring details
  - vii. Filming and submission guidelines, if any
- c. Scoring format will be announced before the start of competition
  - i. The Athlete with the best performance over multiple workouts in a competition wins and/or advances.
  - ii. Competitions may be either highest points win (i.e., 2011 Games) or lowest points win (i.e., 2011 Open). Point values for each finishing position will be released before the start of the workout.
  - iii. Ties on the overall Leaderboard will be broken by awarding the best position to the Athlete who has the highest result in any single workout. If Athletes are still tied, the process continues to their next highest single result, and so forth.
    - 1. Ties will not be broken for single event results. More than one Athlete can share an event result and all will earn the original point value.
  - iv. Some workouts may have time penalties. Failure to complete a workout in the designated time may result in a one second penalty for each repetition not completed and/or cause the Athlete to not advance to the next workout, regardless of overall rank.

- v. Some workouts may have a minimum amount of time, repetitions, weight, or rounds required in order to advance. Any such minimums will be announced as part of the Workout Format. Failure to reach a minimum will cause the Athlete to not advance in the competition.
  - vi. If an Athlete does not advance to the next workout for any reason (DNF, injury, disqualification, etc.) they will be ranked below all competitors who started that workout and are not eligible to advance to the next stage of competition.
  - vii. Scaling or modifying the workout is prohibited and will cause the Athlete to not advance.
- d. Judging and/or Validation are mandated and required to make any CrossFit Games workout result official. All potential Event Judges are required to complete the CrossFit Games Judges Course, available online (a link will be provided when the Course is available), and to validate Open workouts as prerequisites for being a Regional or Games Judge.
- i. Judges are responsible for enforcing the movement standards and validating the Athlete's score.
  - ii. Regional Judges must complete CrossFit's online Judges Course, and validate workouts during the Open. Judges who validate a significant amount of Open performances (on-site and video submissions) will be given more consideration for Regional or Games assignments.
  - iii. "Judges" are inclusive of Event Judges and, in the case of the Open competition, the person validating the Athlete's movement standards and online score submission.
    - 1. Any obvious or questionable infraction to the Movement Standards or Range of Motion will result in loss of repetition.
      - a. Uncommon Movement Clause: Any movement deemed uncommon, out of the ordinary or used to amend, shorten or change the accepted Movement Standard or Range of Motion including line of action of any Event Movement can and will be disallowed. It is the responsibility of the Athlete to notify their Judge or CrossFit Inc. of any questionable movement before the workout.
      - b. Physical limitations in Range of Motion from prior physical defects or temporary or permanent injuries that are obvious and clearly definable by demonstration and brought to the attention of a Judge or CrossFit Inc. prior to beginning of the competition may be granted an exception in CrossFit's sole discretion. These cases are very rare, and will be handled on a case-by-case basis.
    - 2. The Athlete is responsible for making sure they perform the workout as prescribed, including counting reps.
    - 3. Judges are instructed not to touch competition equipment or move equipment during a workout unless the equipment will interfere with another Athletes performance or if there is a legitimate safety concern.
    - 4. Non-compliance with a Judge's instructions, bickering with or questioning of a Judge or Event Staff, attempting to show up or publicly embarrass any Judge, Event staff, CrossFit, Event sponsors, spectators, other Athletes or



venue operator or owners, as determined by CrossFit (including Event staff) in its sole and absolute discretion, may result in penalty or disqualification of the Athlete from an Event and/or future Events. This includes derogatory comments from an Athlete's Coach, representative, teammate(s), supporters, guests or entourage.

- iv. Event Judges and On-site Directors have the authority to stop or suspend an Athlete at any point in competition if he or she feels that Athlete is at risk of serious injury to himself/herself or others.
- v. Proper attire is required at all Events.
  - 1. No attire shall interfere with Event Judging and the ability to see the Event Movement Standard or Range of Motion.
  - 2. Subject to CrossFit's prior approval, non-branded belts, non-tacky gloves, hand tape, neoprene joint sleeves and common fitness wear may be allowed during competition. However, no grip assistance or weight support may be derived from any device worn. In general, gear is allowed that improves safety and/or comfort, but does not confer advantage.
  - 3. Proper attire may include official uniforms or apparel, depending on the stage of competition.
- vi. Once an Athlete enters the competition surface they may not receive any outside material assistance (water, tape, chalk, etc.) from spectators or coaches.
- vii. Some workouts may use chip timing (transponders) for official timing. For chip-timed events the chip will be placed in the same area of the body for all Athletes. The official time for each Athlete will be when the transponder crosses the finish line.

## 5. Open Rules

### a. Overview

- i. The Open is a series of workouts that will be released on the official CrossFit Games website (<http://www.crossfitgames.com>). Athletes must complete and have each workout validated to be ranked on the final overall CrossFit Games Leaderboard. The top qualifying individual Athletes and Teams in each Region will be invited to Regionals. The top qualifying Masters will be invited to the Games.

### b. Dates

- i. The Open will run from Wednesday, March 6, 2013 through Sunday, April 7, 2013. There will be five workouts in the Open. One workout will be released during each of the five weeks.
  - 1. Each workout will be released on Wednesday at 17:00 PST (GMT-8). Athletes will have 96 hours, until Sunday at 17:00 PST, to validly complete the workout and submit their results.
  - 2. Once the workout closes on Sunday, an Athlete will not be able to adjust or re-submit any score for that workout.

### c. Validating Workouts

- i.* Athletes must have their score validated either by performing the workout at a CrossFit Affiliate under the observation of a judge, or by uploading a video of their workout to the CrossFit Games website.
- ii.* It is the sole responsibility of the Athlete to ensure the timely and successful submission of their workout each week. Submissions that are incomplete (missing scores, name of Affiliate, name of Judge or containing video links which do not work, etc), will not be accepted.
- iii.* Only valid CrossFit Affiliates in good standing (as determined by CrossFit Inc.) have the ability to officially validate non-video scores. To opt-in to validate scores, Affiliate Managers must pass the online Judges Course, commit to upholding the standards and ethics of the CrossFit Games and assert that they have the equipment, facility and Judges to administer the workout.
  1. It is the responsibility of the Athlete to find a CrossFit Affiliate where they can perform the workout and have it validated. Affiliates are not required to host the Open and may have fees or special rules to use their facility. It is strongly advised that Athletes contact the Affiliate prior to showing up to perform an Open workout.
  2. If no CrossFit Affiliate is available, the only alternative is to submit a video of the workout.
- iv.* Invalidation of any online scoring submission is the sole right of CrossFit Inc. including, but not limited to:
  1. Failure to follow the video submission guidelines exactly
  2. Violation of the movement standards
  3. Violation of the workout format
  4. Miscounting repetitions
- v.* Video submissions may be invalidated or adjusted without warning and after the close of the workout. Athletes submitting video are advised to have someone strictly watching their movement to ensure each rep meets standards, and that the camera captures the movement clearly.
  1. If an Athlete submits a score that is incorrect by five (5) or more reps in their video, whether by error or because they do not meet the workout standards, the workout will be invalidated.
- vi.* Violation of the rules by a CrossFit Affiliate may result in disciplinary action taken against such CrossFit Affiliate and/or the registered Judges involved in the situation.
- vii.* Open Appeals and Event Protests
  1. All Open appeals, scoring discrepancies or questions about the submission of scores will be immediately addressed in a time and date stamped documented email to the Affiliate where the workout was performed. If unavailable, or you are appealing a video submission, immediately forward all facts to support@crossfitgames.com.
  2. Only affected Athletes or members of the Team may appeal a result. Coaches, Team captains, or non-related parties may not appeal on behalf of another.
  3. Athletes may not appeal their own performance based on the judging, scoring or performance of another Athlete or Team.

4. For all inquiries during the Open, the following process will be used:
  - a. The competing Athlete immediately notifies the Affiliate owner or Judge about the result in question by relating their name and reason for protest. If unavailable, the Athlete immediately contacts [support@crossfitgames.com](mailto:support@crossfitgames.com)
  - b. The Affiliate owner, Athlete and the Judge all communicate to fact find and define the issue in protest.
  - c. All information will then be presented to the Affiliate owner or their designee for a final ruling before the Athlete leaves the facility. If contacting support@crossfitgames.com, the result will be answered in the order it is received.
  - d. Meeting all submission requirements and deadlines is the responsibility of the Athlete.
  - e. All undetermined rulings, late or potentially late submissions must be communicated to support@crossfitgames.com immediately, time and date stamped in a documented email.
5. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.
6. CrossFit Inc. has final authority on all appeal or protest rulings, and may designate this authority to the on-site Affiliate owner in most cases.

d. Scoring

- i. The CrossFit Games website will host the only official Leaderboard for the Open.
- ii. If an Athlete performs a workout at an Affiliate, the score will appear on the Leaderboard after it has been validated.
- iii. If an Athlete elects to use video submission for score validation the entered score will appear on the Leaderboard with the video linked to the score upon submission.
  1. Scores posted by video submission may be adjusted or removed at any time at the discretion of CrossFit Inc. Common reasons are if movement standards, rep counts, or quality of video submission are not acceptable.
- iv. If an Athlete skips a workout, or cannot complete the stated minimum score, they will not be listed on the Open Leaderboard in subsequent workouts.
- v. Team scores will appear once there have been three male and three female scores posted for the Team.
  1. Team score will be the aggregate of the best three male and best three female performances (time, weight, or reps) for that particular workout.
  2. If a team member skips a workout or cannot complete the minimum score, they cannot contribute to the team score for the following Open workouts. If they contributed to a previous team scores then that score will remain valid.

e. Advancement

- i. At the end of the Open, the top 48 men, top 48 women, and top 30 Teams in each Region will be automatically invited to compete in their respective Regional competition. CrossFit will announce publicly on the Games site when invitations have been sent.

*ii.* Individuals will have one week from the end of the Open to declare whether they will compete as an individual or for their Team. They must choose one or the other.

*1.* If a significant amount of invited Athletes choose not to compete as Individuals, CrossFit may (at its sole discretion) invite additional Athletes in order of their Open finish.

*iii.* Teams may select four (4) men and four (4) women to their Regional roster.

*1.* Only Team members who competed for that Team during the Open are eligible for selection.

*2.* A Team member is required to have entered at least one valid score during the Open. That score is not required to have contributed to the Team score.

*3.* During the Regionals, only three (3) men and three (3) women will be checked-in on-site and permitted to compete. The extra man and woman should be used as an alternate should one of the other Team members be unexpectedly injured or forced to withdraw prior to arriving at the Regional.

*iv.* The top 20 Masters in each division worldwide will be invited to compete in the Games.

*f.* Prizes

*i.* Prizes will be awarded for the following achievements during the Open.

*1.* Largest Team Worldwide

*a.* The Team with the most validly registered Athletes on Sunday, March 10 at 17:00 PDT (GMT-8) will win:

*i.* 100 complimentary tickets to the Games.

*ii.* The CrossFit Affiliate fee will be waived for life, so long as such CrossFit Affiliate complies with CrossFit's then-current rules and policies regarding affiliated gyms.

*2.* Largest Team Regionally

*a.* The Team with the most validly registered Athletes in their Region on Sunday, March 10 at 17:00 PDT (GMT-8) will win:

*i.* A number of complimentary tickets to Regionals equal to the number of registered Athletes on their team, or 150 tickets (whichever is lesser).

*3.* Top male and female score worldwide (weekly)

*a.* The prize will be US\$2,013.00 for the male and female winner. All prizes are subject to applicable taxes and withholding and prize winner's compliance with and agreement to CrossFit's prize affidavit.

*b.* Athlete must video tape the workout and submit to CrossFit Inc. in order to claim the prize, even if they completed the workout at an Affiliate with a Judge.

- c. Top Athletes are advised to record video of their performances.

## 6. Regional Rules

### a. Overview

- i. Athletes and Teams who qualify based on their performance in the Open will complete multiple workouts over consecutive days at the same location. The top performers in each Region will be invited to the Games.

### b. Dates

- i. Regionals will take place over four (4) weekends from May 17 through June 9
- ii. Competition will take place Friday through Sunday for each event
- iii. On-site check-in will take place on Thursday of event week

### c. Format

- i. Each Region will perform the same workouts, in the same order.
- ii. Workouts will be announced on the CrossFit Games website on or before Wednesday, May 8.

1. Event Movement Standards and required Range of Motion shall be delivered or prescribed prior to competition and as defined here:

#### a. Event Movement Standard

The defined method in which the athlete shall meet the Range of Motion standard will be announced by CrossFit Inc. Delivery can be in the form of online media, written document, or Athlete Briefing either with or without Demonstration. Regardless of delivery method, the Athlete is required to meet or exceed the Event Movement Standard requirements during all competition. (Example: Squat Snatch prescribed as the Event Movement Standard, thus a Power Snatch will not meet the standard unless otherwise stated).

#### b. Athlete Briefing

Delivery of the Event Movement Standard and required Range of Motion to all participating athletes will be just prior to competition. Typically delivered by the Head Judge or a designee of the On-site Director, with or without visual Demonstration and an opportunity for athlete question and answers.

#### c. Demonstration

The visual display of The Event Movement Standard applying the complete Range of Motion. Demonstration of acceptable and unacceptable Range of Motion is not required and will be used as needed.

- iii.* Athletes will complete an on-site check-in process at least one day prior to the commencement of the first workout.
  - 1. All members of the Team are required to check-in at the same time.
  - 2. Once the first workout has begun, on-site check-in will close and any Athletes or Teams who have not checked in will be disqualified from competition.
  - 3. Teams may only check-in three men and three women for competition. No alternates are permitted once a Team has checked in.
  - 4. Proof of age and residency is required in the form of a valid and generally accepted form of identification -- a state driver's license, passport, birth certificate, or other officially verified form of proof.
- iv.* On-site Judges will validate scores for each workout an Athlete or Team performs.
- v.* Athletes and Teams will be ranked after each workout.
- vi.* At different stages of the competition, only the top Athletes and Teams will advance.
- vii.* One Coach per Individual Male Athlete, Individual Female Athlete or Team may be allowed in the warm-up area, Event Pass and credentials required. All other competition areas are off-limits to Coaches and non-working staff.

b. Scoring

- i.* Individuals will be ranked on their performance in each workout. Based on their relative rank, they will be assigned points. Their total points will be ranked on the Overall Leaderboard. The top Athletes on the Overall Leaderboard will advance, or win the competition.
- ii.* Team format will be released when the workouts are announced.
  - 1. Any configuration of male, female or total number of Athletes is fair game.
  - 2. All or none of the Team members may be required to contribute to a Team score.
  - 3. If a Team member is injured such that they are unable to complete the workout as prescribed, then the team will receive a DNF for the workout and will not advance in the competition.
- iii.* On-Site Appeals and Event Protests
  - 1. Any Athlete Event Protests, Appeals, Scoring Discrepancies or Ruling questions will be immediately filed with the Event Head Judge on the floor during the Event in question. If unavailable, any Director or alternate Head Judge can begin the Protest process.
  - 2. Athletes may not protest discrepancies related to the judging, scoring or performance of another Athlete or Team.
  - 3. All parties involved will have the opportunity to present the known facts at the next most convenient time.
  - 4. For all Athlete Event Protests, Appeals, Scoring Discrepancies or Ruling questions the following process will be used.

- a. The competing Athlete or the Team Captain only (no Coaches or other athletes allowed, one person to file the Protest) files the protest by notifying the Event Head Judge of the competition event in question by relating their name, athlete number and reason of protest.
  - b. The Event Head Judge, Athlete or Team Captain and that Athlete's Event Judge or Judges during the competition event in question will all communicate to fact find and define the issue in protest.
  - c. All information will then be presented to the Event Director, Competition Director or their designee for a final ruling.
5. Judgment calls made during the workout are final and are not negotiable or subject to change or modification.
6. CrossFit Inc., has final authority on all Athlete Event Protest rulings, and may designate this authority to the on-site Director in most cases.
7. Video, photos, cell phone media or any other media will not constitute grounds for changing or modifying a decision, score or entry made by an Event Judge. The On-site Director, Competition Director, or their designee may ask for any related media, but its availability may or may not guarantee use or admissibility in the overall decision process.
8. Nothing in these rules including Event Protests, Scoring Discrepancies and Event Movement Standards, Range of Motion Judging applications should be read as a limitation on CrossFit Inc. right to run or operate any CrossFit Inc. supported, sanctioned or sponsored Event as it sees fit in its sole and absolute discretion and the Event Director and CrossFit Inc. say is final. This includes the right to remove or disqualify any Team or Athlete at CrossFit Inc.'s sole and absolute discretion.



c. Advancement

- i.* All advancing Athletes and Teams must complete an on-site check out process before leaving the venue following the Regional event.
- ii.* The top three men, three women, and three Teams from each Region in the U.S., Australia and Europe will be invited to the Games.
- iii.* The top two men, two women and two Teams for Canada East and Canada West will be invited to the Games.
- iv.* The top man, top woman and top Team in Asia, Africa, and Latin America will be invited to the Games.
- v.* If a past Champion of the Games takes a qualifying spot in any Region, one additional athlete from that division will be invited to the Games.
- vi.* If an Athlete or Team chooses not to compete in the Games, there will be no substitutions allowed.

d. Prizes

- i.* Cash prizes will be awarded to the top Athletes and Teams at each Regional
    1. 1st place man and woman, US\$3,000 each
    2. 2nd place man and woman, US\$2,000 each
    3. 3rd place man and woman, US\$1,000 each
    4. 1st place Team, US\$3,000 per team
    5. 2nd place Team, US\$1,500 per team
    6. 3rd place Team, US\$750 per team
    7. All prizes are subject to applicable taxes and withholding and prize winner's compliance with and agreement to CrossFit's prize affidavit.
  - ii.* Additional prizes may be presented by partners, sponsors or select vendors and all such prizes are subject to applicable taxes and withholding and compliance with and agreement to CrossFit's prize affidavit.
- e. Drug testing is required for any Athlete or Team to advance or collect prizes. Failure to timely comply with CrossFit's instructions regarding drug testing, including failure to follow sample guidelines or failure to timely provide a sample, may result in the Athlete, the Team, or members of the Team to be disqualified from the Event and any future Event(s).

## 2. Games Rules

- a. Athlete and Teams will complete multiple workouts over multiple days. Details will be released prior to the start of any workout and will be consistent for all eligible Athletes at the time of release. The Athlete and Team that has the highest score at the end of the competition will earn the title Fittest on Earth™.
- b. General outline of the Regionals (Section 6) will also apply to the Games, except as noted differently below.
- c. Schedule of Events
  - i. In keeping with the spirit of the CrossFit Games, the schedule and workouts will be released shortly before the competition begins.
  - ii. The date, location and travel information for the CrossFit Games will be distributed on the CrossFit Games website and/or through email to each competing Athlete.
- a. Prizes
  - i. Cash prizes will be awarded as follows:
    1. 1st place individual man and woman, US\$250,000 each
    2. 2nd place individual man and woman, US\$50,000 each
    3. 3rd place individual man and woman, US\$25,000 each
    4. 1st place Team, US\$30,000 per team
    5. 2nd place Team, US\$12,000 per team
    6. 3rd place Team, US\$6,000 per team
    7. 1st place Master (each division), US\$3,000
    8. 2nd place Master (each division), US\$1,000
    9. 3rd place Master (each division), US\$500
  - ii. Spirit of the Games Award
    1. Will be selected by CrossFit Inc., from any division.
    2. Award and/or prize money to be announced.

All prizes are subject to applicable taxes and withholding and compliance with and agreement to CrossFit's prize affidavit.